

# Are you a Caregiver?

Whether it's hands-on care, emotional support, every day or episodic, at some point in your life, chances are you'll be a caregiver or have been a caregiver yourself.

Below is a short quiz. If you answer yes to any of these questions, you are indeed a caregiver!

- Are you helping a loved one who has been diagnosed with cancer and will be undergoing treatment?
- Has a loved one been diagnosed with autism, Alzheimer's, Parkinson's disease, or any other behavioral health concerns?
- Is your loved one managing a chronic condition or multiple conditions?
- Do you care for a loved one with a substance use disorder?
- Are you caring for a loved one with mobility challenges?
- Do you advocate for care on your parents' or grandparents' behalf (even long-distance)?
- Is your child struggling at school because of a neurological or psychological diagnosis?



Need help? Family First's accredited Care Experts are standing by to offer you and your family personalized support and caregiving solutions. Get started online by visiting [www.family-first.com/get-started](http://www.family-first.com/get-started) or by calling 1 (877) 585-7090.